

AMENDMENTS TO THE CLAIMS

1-19. (Canceled)

20. (Currently Amended) A cross country ski, said ski having a binding plate for a cross country binding or components thereof, said binding plate being a flat, one-piece plate that is thin relative to the ski, said binding plate being mounted on the top face of the ski, said binding plate being bonded without screws over its whole surface with adhesive to the top face of the deviceski, wherein the adhesive comprises a layer having a maximum thickness of 5 to 10% of a thickness of the binding plate, wherein said ski and said binding plate form an integral constructional unit in respect of mechanical properties with no damping volumes between the binding plate and the ski.

21. (Previously Presented) A cross country ski according to claim 20, wherein said binding plate has approximately the same values as the associated attachment portion in terms of properties including

- thermal expansion,
- tensile strength,
- flexural strength and torsional rigidity.

22-23. (Canceled)

24. (Previously Presented) A cross country ski according to claim 20, wherein said binding plate comprises a longitudinal guide with undercut operative to provide longitudinal positioning and fixing of the binding or of binding components.

25. (Previously Presented) A cross country ski according to claim 24, wherein said binding plate is a plate having a cross-section selected from the group consisting of T-shaped and U-shaped cross-sections, the two upwardly projecting arms in the latter case each being oriented

in a manner selected from the group consisting of drawn inwards and being directed to protrude laterally outwards.

26-29 (Canceled)

30. (Currently Amended) A cross country ski according to claim 20, wherein at the side associated with the device top-face, the said binding plate has ~~nipple-like or stud-like~~ lugs, said lugs corresponding to complementary recesses provided in the top face of the skidevice.

31. (Canceled)

32. (Previously Presented) A cross country ski according to claim 20, wherein the binding plate consists of a material selected from the group consisting of a plastics material, a wood laminate, a plastics/wood laminate, a plastics/metal laminate, and a plastics/wood laminate and a plastics/metal laminate.

33-87. (Canceled)